



A FEW GRAY HAIRS



National
Yo-yo Day
June 10

A Newsletter of the Georgetown Council on Aging

Vol. 19/Iss. 12

June 2018

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Website: www.georgetownma.gov

Director's Notes... During the summer of 1960, my parents rented a small cottage on the banks of the Mississippi River in Ontario. The cottage came with a dock & a small row boat that my Dad could use with our 3-hp Johnson outboard motor. It was the perfect setting for our first fishing trip together. Since it was my first time fishing, Dad made a fishing pole for my use by tying a piece of fishing line to a small pine branch. A red & white plastic bobber was tied to the other end of the line & I was in business! My sister had just been born that spring, so my mother stayed at the cottage with her while she slept in the carriage, mosquito netting draped over the blue baby buggy. Mom packed us a lunch with peanut butter & jelly sandwiches wrapped in wax paper, carrots in tin foil packets, & our red plaid thermos filled with lemonade. She made sure that I was wearing my white brimmed canvas hat & orange life preserver. My collie Trixie paced back & forth watching anxiously as Dad pushed that little river still isn't very fast & we snagging on weeds that I was sure was movement & color of the weeds but Dad snakes as he cut the weeds from my swimming up to the surface & flashing pads. The sun was warm on our backs & motor blended with the sound of cicadas, one point, my little bobber was caught in but Dad was able to free it & the fishing we came back to the dock in plenty of time for supper. Mom & Trixie were waiting for us. No fish were caught but that was okay. Lessons about patience, the importance of time spent in small boats & with small children were all on the line & never forgotten. As we celebrate our families with Mother's Day & Father's Day this spring, we honor the people we are fortunate to have in our lives who have generously provided us with so many important lessons along the way.



NEET Drivers Needed

The Georgetown Council on Aging (COA) is seeking additional volunteer drivers to provide medical transportation to local elders through Northern Essex Elder Transport, Inc. (N.E.E.T.). The COA provides local elders with rides to medical appointments. For more information on the N.E.E.T. program or becoming a volunteer driver, please call the COA office at (978) 352-5726.



NEW Walking Club

will meet **Tuesdays and Thursdays at 10:30 a.m.** Led by a COA volunteer walking group leader, easy indoor/outdoor walking routes are planned starting from the Georgetown Senior Community Center. Walking can improve cardiovascular health and the circulatory system and delay or prevent many diseases such as diabetes, heart disease and osteoporosis. For more information and to register for the program, please call the COA at 978-352-5726.

The Walking Club is funded with a competitive grant recently awarded to the Georgetown Council on Aging (COA) through a grant to the Massachusetts Associations of Councils on Aging by Blue Cross Blue Shield of Massachusetts.

The COA and all activities will be closed on Wednesday, July 4 for Independence Day.

"A Few Gray Hairs" Newsletter is made possible by a grant from the Massachusetts Executive Office of Elder Affairs.

June Activities

ALL ACTIVITIES ARE HELD AT GEORGETOWN SENIOR COMMUNITY CENTER UNLESS OTHERWISE NOTED.



CALL US AT 978-352-5726.



JUNE VAN SCHEDULE 2018

Shopping Date	Location	Recreation Date	Location
June 5	NO VAN – Brown Bag Only	June 7 9:30	Super Walmart/Salem, NH
June 12 9:30	Riverside/Haverhill	June 14 10:30	Seabrook, NH
June 19 9:30	Plaistow, NH	June 21 10:30	Mann's Orchard/Target
June 26 9:30	Newburyport	June 28 10:30	Westgate/Haverhill

JOIN US MONDAY – THURSDAY MORNINGS from 8:30-11 a.m. for cards and cribbage games! Puzzles, coloring materials & a pool table (call for availability) are also available for drop-in use. Hot coffee and snacks are a great way to meet-up with friends!

PUBLIC HEALTH NURSE: **Wed. June 6, 9:30 a.m.**
Public Health Nurse **Pam Lara** provides blood pressure checks, heart assessments, & medication information & discusses any medical concerns seniors have.

MEN'S BREAKFAST: **Thurs. June 7, 9:30 a.m.**
Celebrate Fathers' Day with a special gift. Jim Lacey from Camp Denison will be our speaker. With great appreciation, the COA thanks Crosby's Markets for their sponsorship. **To make reservations, call 978-352-5726.** (There will be NO Men's Breakfast in July.)

Next breakfast: August 2 Speaker: Rev. Bill Boylan

SHINE OFFICE HOURS: **Mon. June 18, 9-11 a.m.**
SHINE Counselor Jerry Goldberg will be here to answer health insurance questions. **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** If you cannot come to the scheduled hours, the COA can contact our SHINE counselor to make other arrangements for you. To schedule an appointment, call (978) 352-5726.

Local Legislators' Office Hours

State Rep. Lenny Mirra & Senator Bruce Tarr, or their representatives, will be on hand at the **Georgetown Senior Community Center** to meet with constituents to answer questions, hear comments or provide assistance. The next scheduled office hours for both will be:

**Tues. June 19
11 a.m. – noon**

The public is welcome. No appointment necessary. If you cannot come to the Center, both legislators can be contacted through the email addresses below.

Rep. Lenny Mirra: Leonard.Mirra@MAhouse.gov

Sen. Bruce Tarr: Bruce.Tarr@masenate.gov

For more information, contact the COA at 978-352-5726.

SEATED MEDITATION CLASS:

Mon. June 4, 11, 18, 25 1:30 p.m. (See page 3.)

THE ROLE OF PRIMARY CARE PHYSICIANS (See page 3.)

Dr. Peter Kachovos: Wed. June 12, 10:00 a.m.

PANINI LUNCHEON:

Thurs. June 21, 12:00 p.m. (See page 3.)

TELEVISED RED SOX GAME (TWINS):

Thurs. June 21, 1:00 p.m. (See page 3.)

JUNE BOOK CLUB: Tues. June 26, 2 p.m.

"Delicious!" by Ruth Reichl

FRIENDS OF THE GEORGETOWN COA meetings...

Friends will have their final spring meeting at **12 p.m.** at Georgetown Senior Community Center **on June 12.** The public is welcome. Meetings will resume in the fall.



JUNE BIRTHDAY: Tues. June 19, 12:00 p.m.

Join us as we send best wishes to our friends who were born in June. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 6/13/18 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

Free Legal Help offered by **Atty. Elaine Dalton**

Tues. June 26, 10 a.m.

Assistance available for: *Health Care Proxies,

*Durable Power of Attorney, *Elder Law Issues

*15 min. appts. available by calling COA at 978-352-5726



Health & Wellness Classes

All classes are held at Georgetown Senior Community Center
unless otherwise noted.

Newcomers & beginners welcome.

There is a SUGGESTED DONATION of \$3.00 per class.

Class	Meets on	Time
Seated Meditation Class	Monday	1:30 p.m.
Yoga (Bring a mat or towel)	Monday	10:30 a.m.
	Wednesday	9:30 a.m.
Strength Training	Tuesday	9:15 a.m.
Tai Chi	Thursday	12:30 p.m.
Fitness Room	Mon. – Thurs.	Call for equip. Availability

New Walking Program

**Tues. & Thurs. 10:30 a.m.
starting June 5**

Participants will meet at the GSCC and will embark on one of several pre-determined routes.

Walking Club is free of charge.



Massachusetts
Councils on Aging

This program has been provided by a grant awarded to the MCOA by Blue Cross Blue Shield of Massachusetts.

Seated Meditation Classes

Mondays: June 4, 11, 18 & 25, 1:30 – 2:30 p.m.

Georgetown Senior Community Center

Facilitated by **Petra Horgan**

The classes will feature seated meditation with:

- focus on breathing,
- guided meditation & visualization,
- learning the benefits of meditation.
- Suggested donation of \$3.00



For more information, call the COA at 978-352-5726.

Panini Grill Luncheon

Thursday June 21, noon

Georgetown Senior Community Center

provided by
Elder Services of Merrimack Valley



The luncheon menu will include a choice of

- Chicken paninis (marinated chicken breast, provolone cheese, roasted peppers & fresh basil pesto, or chicken parmesan).
- Vegetable paninis (roasted vegetables, cheddar cheese & pesto spread).

Cost: \$2

Lunch reservations are required before **Wed. June 13.**

For reservations, please call the COA at 978-352-5726.

The Role of a Primary Care Physician

(PCP)

presented by

Peter Kachavos, MD

Adult PCP at Pentucket Medical

Tuesday June 12, 10 a.m.

Georgetown Sr. Comm. Center



Topics will include:

- ♦ assisting patients through the healthcare system, diagnosing & managing chronic conditions;
- ♦ providing management of overall health & wellbeing.

For information and to register for the program, please call the COA at 978-352-5726.

Make an afternoon of it!

Take in the ball game on the Senior Center's wide screen TV at **1 p.m.:**

The Boston Red Sox v. the Minnesota Twins.



**WORLD ELDER ABUSE
AWARENESS DAY**

Building Strong Support for Elders

June 15, 2018

PROTECT yourself and your loved ones from
ABUSE, NEGLECT, and EXPLOITATION.
LET'S STOP ELDER ABUSE TOGETHER!

Are you or someone you know...

- Without needed care
- Isolated from friends or family
- Being yelled at or hurt at home
- Going without food or other basic necessities

Elder Services of the Merrimack Valley, Inc.



Call us. We can help.

1-800-922-2275

(24 hours a day, 7 days a week)

Thanks, Thanks and More Thanks!

May's celebration of Older Americans Month gave the Georgetown Council on Aging an opportunity to acknowledge the significant contributions that elders make to our communities. We could not do the work that we do without their willing assistance, care & compassion.

We would like to thank the **Music Masters** for kicking-off our celebration with an enjoyable performance; the **Georgetown Cultural Council** for making this possible and **Monica Thompson** who provided an array of delicious treats.

The COA would also like to thank **Ashland Farms of North Andover** for providing their ever-popular scones for our tea table at our Royal Wedding Tea held in May.



Thank you to Al Miller



Our good friend Al Miller recently announced his retirement as the COA's Meal Site Assistant. Working with Meal Site Coordinator Mickie Locke, Al has been Mickie's right hand for several years.

Along with his smile and good humor, Al kept us entertained with his ever present harmonica as he helped Mickie prepare, serve and clean up lunch. Al has promised to drop in and join us for coffee, cards and other special events. We're wishing him well but look forward to seeing him and hearing that harmonica soon!

COA Seeks Meal Site Assistant

Following Al Miller's recent retirement from the position, the COA is seeking a Meal Site Assistant to work with Meal Site Coordinator Mickie Locke three mornings per week. The Meal Site Assistant assists the Meal Site Coordinator in preparing, serving and cleaning up after the COA's lunch program. Funded by the COA's state Formula Grant, a small stipend is available for the position. For further information, please call the COA at 978-352-5726.



Center at Punchard to offer Memory Café

The Center at Punchard in Andover will offer a Memory Café on **Monday June 25, at 1 p.m.** featuring musician Russ McQueen. Memory Cafes offer a welcoming place for people living with memory changes as well as caregivers. Resources, information and connection to other local community supports are available. For further information, please call 978-623-8320.

Free Fun Fridays 2018

Sponsored by the Highland Street Foundation,
Boston Globe & WCVB5-(abc)

Totally free admissions every Friday, all summer-through August 31. Below is a sampling of activities. For a full schedule contact HighlandStreet.org, call 617-969-8900 or check the bulletin board at GSCC.

June 29: Lyric Stage Company of Boston
Concord Museum
Nantucket Whaling Museum

July 6: Boston Children's Museum
Peabody Essex Museum
Hancock Shaker Village

July 13: Edward M. Kennedy Institute
The Telephone Museum
Larz Anderson Auto Museum

July 20: Museum of Fine Arts, Boston
The Hall at Patriot Place
Gloucester Stage Company

July 27: Isabella Stewart Gardner Museum
BSO/Tanglewood
The Eric Carle Museum of Picture Book Art



Ongoing & Monthly Activities

**For more info on any activities call the COA
978-352-5726**



COA Marketplace: Nonperishable items are located at GSCC. No income restrictions apply. Appointments are required by calling 978-352-5726.

BINGO: Mon. at 12:30 p.m. \$1 per card covers all games.

WINTHROP STAMP CLUB: 2nd & 4th Thurs., 1-4 p.m.
General meeting followed by stamp auction (open to public).

Knitting Group: 2nd & 4th Thurs., 9:30-11:30
Drop-ins welcome.

Grief Support for Living with Loss: 2nd Tues., 1:30-3 p.m.

Emergency Quilts for Comfort: 2nd & 4th Tues., 12-2 p.m.
Free. Fabric/batting provided. Drop-ins/beginners welcome.

Beginner's Quilting Class: 2nd & 4th Tues., 2-3 p.m.
Free. Fabric/batting provided.

Mah Jong Group: Wed. at 12:30 p.m.

Book Club: 4th Tuesday of each month, 2 p.m.



Seniors enjoyed the Annual Music Masters Concert in May sponsored by a grant from the Georgetown Cultural Council.

Council on Aging Services

For information on any of the following services, contact the COA at (978) 352-5726.

TRANSPORTATION/SHOPPING:

The Van is available Tuesdays & Thursdays for door-to-door for shopping and errands. Reservations should be made at least two days in advance by calling the COA office at (978) 352-5726. Monthly Van Schedules are printed in the Newsletter. A small donation is suggested to help with program expenses.

TRANSPORTATION/MEDICAL:

Northern Essex Elder Transport, Inc.

This program provides rides for elders to medical appointments. Arrangements should be made at least **ONE WEEK** in advance by calling the COA office at (978) 352-5726. If the office is closed, please leave a message (and remember that the COA is not open on Fridays). After the ride is arranged, the **DRIVER** will call you the day before the ride. A donation of 43 cents per mile is suggested to help support the program, but no one is turned down due to inability to pay. Please remember: Reservations must be made through the COA office. Clients should not call the drivers directly.

RING & RIDE: Medical, Shopping & General Purpose

Transportation & Medi-Ride

Ring & Ride is a free shared van service available to Georgetown residents. It requires 24 hour notice w/reservations made through MVRTA (978-469-6878, option #3). The van can be used for any purpose including medical and shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury/Byfield, North Andover, West Newbury, & Rowley Train Station & Market Basket. MVRTA also provides Medi-Ride to Boston area hospitals. For brochures, contact the COA.

HANDICAP PLACARDS

The COA has applications for **HANDICAP placards** available from the Registry of Motor Vehicles.

Meals on Wheels

Available to eligible seniors by calling Elder Services of Merrimack Valley at 1-800-892-0890.

Congregate Meals

The COA Meal Site offers nutritious lunches Monday-Wednesday at 12:00 p.m. Please make reservations by the previous Wed. by calling the COA or in person at the Georgetown Sr. Comm. Ctr.

FOOD AND HEAT RESOURCES

For information & assistance w/state & local resources, contact the COA office at (978) 352-5726.

Board of Health Nurse

On the first Wednesday of each month, from 9:30 - 10:30 AM, Pam Lara, RN is available at the Georgetown Sr. Community Center to perform blood pressure checks, etc.

S.H.I.N.E.

Serving **H**ealth **I**nformation **N**eeds of **E**veryone will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselor Jerry Goldberg @ Georgetown Sr. Community Center on the first Tuesday of each month.

EQUIPMENT LENDING PROGRAM

COA has medical equipment (Walkers, Canes, Wheelchairs, Bath Seats, etc.) for long- or short-term lending.

FILE OF LIFE & YELLOW DOT PROGRAMS

Both programs provide a health history document to be used by emergency personnel in case of illness or injury. One is for your home, the other for your car.

HEALTH CARE PROXIES

COA has fact sheets and Health Care Proxy forms available upon request.

THE FILE A handy folder which serves as a summary of record of Financial Information, Investments & Insurance, Legal Documents & Estate Management information.

Updated 5/23/17

Georgetown Council on Aging
51 North Street
Georgetown, MA 01833

Return Service Requested

We strive to keep our mailing list up-to-date. Please let us know if you would prefer not to receive the newsletter or if the addressee is no longer at this address.

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Haverhill, MA

Georgetown Council on Aging
51 North Street
Georgetown, MA 01833
(978) 352-5726

Open:
Monday – Thursday 8 am – 4 p.m.

Georgetown
Senior Community Center
51 North Street
Georgetown, MA 01833

Open:
Monday – Thursday 8:30 am – 4 p.m.

PUBLIC NOTICE

C.O.A. board meetings are open to the public. They are held at **12:45 p.m.** on the 4th Tuesday of each month at **Georgetown Sr. Community Center**
51 North Street, Georgetown

NEXT BOARD MEETING:
Thursday June 21, 2018

Note: Day change for June only.

Georgetown Council on Aging:

Director: Colleen Ranshaw-Fiorello

Office: Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Meal Site Coordinator: Mickie Locke

Board Members:

Esther Palardy, Chair

Sue Clay, Vice Chair

Caroline Sheehan, Treasurer

Jean Perley, Secretary/Clerk

Jill Benas, Corona Magner, Diane

Prescott, Nancy Thompson,

Alternates: Darcy Norton, Diane

Klibansky

Town of Georgetown:

Michael Farrell, Town Administrator

Joe Bonavita, Board of Selectmen, Chair

Steven Sadler, Board of Selectmen, Clerk

Douglas Dawes, Board of Selectmen

Gary Fowler, Board of Selectmen

David Surface, Board of Selectmen

Georgetown COA Webpage is located on the town's official website www.georgetownma.gov.

Council on Aging Mission Statement: The main objectives of the Georgetown Council on Aging are to advocate on behalf of older adults, to identify their needs, to develop and implement services to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

Inclement Weather Policy: The Georgetown Council on Aging and Senior Center will be open for business in inclement weather unless all Georgetown town offices are closed. If the Georgetown Public Schools are closed, there will be no van rides or NEET rides, and all COA activities/programs will be cancelled. If the Elder Services of Merrimack Valley Lunch Program is closed, there will be no lunches served at the COA Meal Site located at the Georgetown Senior Community Center.

June Menu - Lunch reservations must be made by the previous Wednesday. Call (978) 352-5726.

Lunch is served Monday through Wednesday at the Georgetown Sr. Community Center at 12 p.m. Cost is \$2.00.

Congregate meals are made possible in part by funding from the Older Americans Act as granted by Elder Services of the M. Valley
Nutritional information regarding meals is available upon request by calling the COA office at (978) 352-5726.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
4 Chicken Fricassee, Rice, Peas, Mixed Fruit, Multigrain Bread	5 Egg Casserole (potatoes, sausage and cheese) Roasted Potatoes, Summer Squash Blend, Fruit Loaf/Lorna Doones, Dinner Roll	6 Shepard's Pie, Carrots, Pudding, WW Bread
11 Swedish Meatballs, Rice Pilaf, Capri Blend, Applesauce, Oat Bread	12 Seafood Salad/Lettuce/ Hot dog bun, Coleslaw , Balsamic Pasta Salad, Gelatin	13 Diced Pork/Apple gravy, Green Beans, Sweet Potatoes, Pears, Italian Bread
18 Hot Dog/Bun, Baked Beans, Mixed Veggie, Fresh Orange	19 Chicken fajitas (Chicken/peppers/onions, Shredded Lettuce, Tortilla), Spanish Rice, Corn, Mixed Fruit	20 Salisbury Steak/Gravy, Mashed Potatoes, Brussel Sprouts, Chef's Dessert, Dinner Roll
25 Cheeseburger/Bun, Beets, Potato Chips, Pineapple	26 Mac n' Cheese, Peas, Pears, WW Bread	27 Curried Chicken Salad/lettuce, Pasta salad, Marinated veggies, Fresh Fruit, Italian Bread

Georgetown Summer Concert Series

Ice House Pavillion ~ American Legion Park Sunday evenings 5-7 p.m.

Bring your own seating. Food vendors will be on the premises.

July 1: Sara Sturdivant/Patriotic Tribute

July 8: Rust Never Sleeps/Neil Young Tribute

July 15: Windham Community Swing Band

July 22: UC5/Classic Rock & Country

July 29: 4 Ever Fab/Beatles Cover Band

August 5: Justin Panigutti Band/American Rock & Soul

August 12: Byfield Parish Praise Band/Contemporary

August 19: The Budds Band

August 26: Liz Bills & The Change/The Kelly Girls

JUNE VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo 1:30 Seated Meditation	5 No Shopping Van—Brown Bag 9:15 Strength Training 10:30 Walking Club 12:00 Lunch	6 9:30 BOH Nurse 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	7 9:30 Mens' Breakfast 9:30 Van: Walmart/Salem, NH 10:30 Walking Club 12:30 Tai Chi
11 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo 1:30 Seated Meditation	12 9:30 Van: Riverside/Haverhill 9:15 Strength Training 10:00 Primary Care/Dr. Kachavos 10:30 Walking Club 12:00 Lunch 12:00 COA Friends 12:00 EMS Quilts for Comfort 1:30-3 Grief Support Group 2:00-3:00 Beginners' Quilting	13 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	14 10:30 Van: Seabrook, NH 9:30 Knitting Group 10:30 Walking Club 12:30 Tai Chi 1:00 Stamp Club
18 SHINE Appts. available 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo 1:30 Seated Meditation	19 9:30 Van: Plaistow, NH 9:15 Strength Training 10:30 Walking Club 11-12 Sen. Tarr Office Hrs. 11-12 Rep. Mirra Office Hrs. 12:00 Birthday Lunch	20 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	21 10:30 Van: Mann's Orchard/Target 10:30 Walking Club 12:00 Panini Luncheon 12:30 Tai Chi 12:45 COA Board Meeting 1:00 Televised Red Sox Game
25 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo 1:30 Seated Meditation	26 9:30 Van: Newburyport 9:15 Strength Training 10:00 Legal Assistance 10:30 Walking Club 12:00 Lunch 12:00 EMS Quilts for Comfort 2:00 Book Club 2:00-3:00 Beginners' Quilting	27 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	28 10:30 Van: Westgate/Haverhill 9:30 Knitting Group 10:30 Walking Club 12:30 Tai Chi 1:00 Stamp Club

Van Trips: The cost is \$2.00 roundtrip. The pick-up time for Tuesday shopping trips, as well as the monthly Thursday trip to Super Walmart in Salem, NH, is 9:30 a.m. The pick-up time for all other Thurs. trips is 10:30 a.m., unless otherwise noted. Please confirm pick-up times when you call. Make your reservations ASAP by calling the COA at (978) 352-5726.